

Taco Meat/Bean mixture for Taco Salad30

Number of Servings: 30 (158.49 g per serving)

Amount	Measure	Ingredient
4 3/4	lb	Beef, ground, hamburger, pan browned, 10% fat
2 1/2	cup	Beans, kidney, red, cnd, drained
15.00	oz	Cheese, cheddar, low fat, shredded
3 1/4	cup	Salsa, thick 'n chunky, medium
3.00	cup	Juice, tomato, low sodium, cnd

Nutrients per serving

Nutrition Facts			
Serving Size (158g)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 90	
		% Daily Value*	
Total Fat	10g		15%
Saturated Fat	4g		20%
Trans Fat	0.5g		
Cholesterol	65mg		22%
Sodium	370mg		15%
Total Carbohydrate	8g		3%
Dietary Fiber	3g		12%
Sugars	2g		
Protein	26g		
Vitamin A 2%		Vitamin C 10%	
Calcium 8%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Notes

- * 10 2/3 # AP 90% ground beef = ~ 8# browned ground beef EP
- * Drain and rinse kidney beans before using in recipe.

Brown meat and drain. Add drained, rinsed kidney beans, cheddar cheese and salsa. Bring to a simmer, stirring constantly.

Serve 1/2+c or 1/2 c + 1 T hot over 2 cups lettuce/serving along with 1 oz tortilla chips.